

WASHINGTON, D.C. - The office of Congressman Sam Farr (D-Carmel) on Thursday released a guidebook describing programs in the Recovery Act that are targeted directly toward individuals and families.

"The Recovery Act's primary goals are to create jobs and stimulate our economy, but another key objective is to help those families that have been hurt by the recession," said Rep. Farr. "This guidebook lays out the many state and federal programs that are available to help in this time of need."

The new guidebook is in addition to a larger document released last month that summarizes the wide range of programs that are bringing funds to the Central Coast, focusing largely on the billions of dollars targeted at construction and modernization. This guidebook was handed out to hundreds of local officials at a March workshop on the Recovery Act.

The new guidebook for individuals is broken down into six parts: workforce development, health care, education, tax relief, small business and other programs.

Both guidebooks, along with additional local, state and federal resources, are available on Rep. Farr's Web site at <http://www.farr.house.gov/recovery> .

#